18. (new) A method for treatment of neurodegenerative conditions and effects of aging, including autoimmune conditions and fibromyalgia, said method comprising the steps of:

administering to a patient a compound effective for increasing neuronal metabolism of histamine to a histamine H₂ agonist, in an amount sufficient that said histamine H₂ agonist is produced in an amount adequate to stimulate production of cyclic AMP at a level which maintains myelin against undergoing self-degeneration;

the step of administering said compound comprising administering monoamine oxidase-A to said patient so as to increase neuronal metabolism of tele-methylhistamine to an H₂ agonist.

19 (new) A method for treatment of neurodegenerative conditions and effects of aging, including autoimmune conditions and fibromyalgia, said method comprising the steps of:

administering to a patient a compound effective for increasing neuronal metabolism of histamine to a histamine H₂ agonist, in an amount sufficient that said histamine H₂ agonist is produced in an amount adequate to stimulate production of cyclic AMP at a level which maintains myelin against undergoing self-degeneration;

the step of administering a compound comprising administering a histamine H₃ antagonist to said patient so as to inhibit neuronal metabolism of tele-methylhistamine to an H₃ antagonist and thereby increase neuronal metabolism of tele-methylhistamine to an H₂ agonist.

20. (new) The method of claim 19, wherein said histamine H₃ antagonist is thioperamide maleate.

21 (new) A method for treatment of neurodegenerative conditions and effects of aging, including autoimmune conditions and fibromyalgia, said method comprising the steps of:

administering to a patient a compound effective for increasing neuronal metabolism of histamine to a histamine H₂ agonist, in an amount sufficient that said histamine H₂ agonist is produced in an amount adequate to stimulate production of cyclic AMP at a level which maintains myelin against undergoing self-degeneration;

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the step of administering said compound comprising administering a monoamine oxidase-A agonist to said patient so as to increase neuronal metabolism of tele-methylhistamine to an H₂ agonist.

- 22. (new) The method of claim 21, wherein said monoamine oxidase-A agonist is reserpine.
- 23. (new) The method of claim 22, wherein the step of administering said monoamine oxidase-A agonist comprises:

administering reserpine by slow-release transdermal dose.

24. (new) The method of claim 21, wherein the step of administering said monoamine oxidase-A agonist comprises:

administering reserpine by injection in the range from about 1-10 mg/kg S.C. per day.